

**Questions and Answers
Fort Carson Lift-A-Thon
(as of 6 April 2021)**

What is Fort Carson Lift-A-Thon (LAT)? The Fort Carson LAT is a trio of lifting events. It includes a Deadlift, Clean only, and a Bench-press competition.

When is the LAT? The LAT will start at 0900 Saturday, May 8, 2021. Participants can schedule a time to complete the LAT starting on Monday, 3 May 2021.

Who is allowed to participate: Anyone with a valid DoD ID card and 18-years old and up (unless 17-years old and Active Duty) may participate. This includes AD, Reserve, Guard, Civilian, Retirees, and Family Members. The Event Coordinator reserves the right to withdraw a contestant in the interest of safety and welfare of the individual and the participants of the event.

Can I pre-register? Yes, but only in-person registration is allowed. The reason is everyone must weigh-in.

What time is registration and weigh-in? In person registration and weigh-in will start on Monday, 3 May 2021 during normal business hours. Registration concludes at 8 a.m. on Saturday, 8 May 2021.

Where is Garcia PFC? Garcia PFC is located at 6360 Porter Street, Building 1856, Fort Carson.

How are contestants divided? Remember, this is a Lift-A-Thon. The idea is to lift as much weight over your body weight. Unit totals are kept down to Company level. We will keep an unofficial record of the male and female that lifts the most weight over their body weight. We will also keep an unofficial record of the individuals that have the highest lift in each of the events (Deadlift, Clean and Bench press) by gender/weight. Again, unofficially contestants are divided into five categories. Males will be divided into three weight categories, females will be divided into two weight categories. Weight categories are determined once all participants are registered. As a guide male categories is under 175lbs, under 225lbs and over 225lbs. As a guide female categories are under and over 175lbs.

Can I wear wrist straps? Yes, you may use straps that support your wrists. You may not wear straps that go around the bar to assist your grip. "Skin on bar" rule.

Can I wear a lifting belt? Yes. You may wear compression shorts and/or shirts as well.

How much is it to participate? Cost is \$20 per event.

What is the format? Contestants block the time they wish to complete the LAT. Each contestant will have a maximum of 30 minutes to complete the three lifts (Clean, bench and deadlift).